Mur: 4
Niveau: Intermediate
Chorégraphe: Wendy Mager (USA) - March 2013
Musique: Runnin' Out of Air - Love and Theft

Intro-16 counts
R FWD ROCK-REC, R SHUFFLE BACK, L BACK ROCK-REC, $1 ⁄ 2$ R TURNING SHUFFLE
1-2 Rock fwd on $R$, recover to $L$
3\&4 Step $R$ back, step $L$ together, step $R$ back
5-6 Rock back on $L$, recover to $R$
7\&8 Step L 1/4 turn R, step R next to $L$, step $L$ back into a 1/4
R BACK ROCK-REC, 1/4 L TURNING SHUFFLE, L FWD ROCK-REC, L COASTER
1-2 Rock back on $R$, recover to $L$
3\&4 Step $R$ fwd-1/4 turn $L$, step $L$ next to $R$, step $R$ fwd
5-6 Rock fwd on $L$, recover to $R$
7\&8 Step L back, step R next to $L$, step $L$ fwd
R\&L SIDE ROCK-CROSS R\&L FWD SYNCOPATED HEELS AND SIDE POINTS
1\&2 Rock $R$ to $R$ side, recover weight on $L$, cross step $R$ over $L$
3\&4 Rock $L$ to $L$ side, recover weight on $R$, cross step $L$ over $R$
5\&6 Touch $R$ heel fwd, step $R$ next to $L$, touch $L$ heel fwd
\&7\&8 Step $L$ next to $R$, touch $R$ toe out to $R$ side, step $R$ next to $L$, touch $L$ toe out to $L$ side
SWEEP $1 / 4$ L COASTER, R CROSSING SHUFFLE, R 1/4, 1/4, L CROSS, R TOUCH
\&1\&2 Sweep $L$ behind $R$ into $1 / 4$ turn $L$, step $L$ back, step $R$ next to $L$, step $L$ fwd
3\&4 Step $R$ across $L$, step $L$ to $L$ side, step $R$ across $L$
5-6 $\quad$ Turn $1 / 4 R$ and step $L$ back, turn $1 / 4 R$ and step $R$ to $R$ side
7-8 Step $L$ across $R$, touch $R$ next to $L$
**\#2 RESTART HERE
R SHUFFLE FWD, L FWD ROCK-REC, L 1/2,1/2(FULL TURN L TRAVELING BACK), L COASTER
1\&2 Step $R$ fwd, step $L$ next to $R$, step $R$ fwd
3-4 Rock fwd on $L$, recover to $R$
5-6 $\quad 1 / 2$ turn back $L$ - step fwd on $L, 1 / 2$ turn fwd $L$ - step back on $R$ (full turn $L$ traveling back)
7\&8 Step L back, step R next to L, step L fwd
R SIDE ROCK-REC, R CROSSING SHUFFLE, L SIDE ROCK-REC, L CROSSING SHUFFLE
1-2 Rock $R$ to $R$ side, recover to $L$
3\&4 Step $R$ across $L$, step $L$ to $L$ side, step $R$ across $L$
5-6 Rock $L$ to $L$ side, recover to $R$
7\&8 Step $L$ across $R$, step $R$ to $R$ side, step $L$ across $R$
**1ST RESTART HERE
L $1 / 4$ TURN STEP- L KICK FWD , L COASTER, R STEP-POINT L, L STEP-POINT R
1-2 Make a 1/4 turn $L$ while stepping back on $R$, kick $L$ foot fwd
3\&4 Step L back, step R next to $L$, step $L$ fwd
5-6 $\quad$ Step $R$ fwd, point $L$ toe to $L$ side
7-8 $\quad$ Step $L$ fwd, point $R$ toe to $R$ side

[^0]On wall 5(3:00): do 32 counts then restart on the 9:00 wall (drop the last 24 counts)
To End The Dance: There will be 8 counts left before the music ends. Dance the first 8 counts on wall 7 (12:00)
On counts7\&8- do a L forward shuffle instead of a turning shuffle.
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[^0]:    **2 RESTARTS:
    **On wall 2(3:00): do 48 counts then restart on the 9:00 wall (drop the last 8 counts)

